



## Stewart County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Stewart County School System.

### CSH Infrastructure Established

An infrastructure for CSH has been developed for the Stewart County School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- Staff Coordinating Council on School Health
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$1,771,745.16.

Community partnerships have been formed to address school health issues. Current partners include:

- |  |   |
|--|---|
| ➤ Stewart County Health Council  | ➤ Health Occupation students  |
| ➤ United Way of the Greater Clarksville Region that includes Stewart County              | ➤ Austin Peay College of Nursing  |
| ➤ McDonalds  | ➤ Stewart County Substance Awareness Prevention Coalition- newly formed |
| ➤ Stewart County Government – Liter Grant  | ➤ Healthy School Teams (4)  |
| ➤ Stewart County Literacy Council sponsors our Health Council                            | ➤ School Health Staff Coordinating Council                              |
| ➤ District Attorney General Dan Alsobrooks and 23 <sup>rd</sup> Judicial Drug Task Force | ➤ Positive Behavior Support Groups (4)                                  |
| ➤ Lions Club   | ➤ Student Assistance Teams (4)  |
| ➤ Police Dept. – Seatbelt safety   | ➤ Youth Lead groups such as KATS and BEARS                              |
| ➤ Stewart Sheriff's Dept. McGruff  | ➤ Stewart County Family Resource Center                                 |
| ➤ Dr. Lowrance Counseling Services   | ➤ Farm Bureau   |
| ➤ Centerstone Mental Health Agency   | ➤ Legends Bank  |
| ➤ Stewart County Fire Dept.  | ➤ F&M Bank  |
|  | ➤ UT Extension  |
|  | ➤ Eagle Eye Signs   |
|  | ➤ SUDIA   |
|  | ➤ Teachers Center- Melissa Parker                                       |
|  | ➤ Food Nutrition – Team Nutrition                                       |
|  | ➤ CDC – materials   |

- Steve Douglass Insurance Agency– Safety
- Taylors Chapel UMC – Back to School Bash
- Miss Tennessee
- Mary Ann's Flowers
- Stewart County Community Medical Center & Dental
- Van Herndon- Financial Services
- Dover Eye Clinic-Dr. John Maria
- Bobby Pulley
- Piggly Wiggly
- Alliance for a Healthier Generation
- Tennessee School Board Association – Chris Stites, Safety Consultant
- Center for Teaching and Learning
- Cindy's Catfish
- American Cancer Society
- American Heart Association

## Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including partnering with the Health Department for a community health fair and conducting the backpack program in which parents volunteer to pack and take food to the schools. In addition twenty-one parents are represented on Healthy School Teams, 4 parents are participating in other advisory teams, 1 parent assists with field trip assignments, and 9 parents assist with Farm Day. Currently, 35 parents are collaborating with CSH in these endeavors.

Students have been engaged in CSH activities that include Farm Day, character programs, reading health related books on Read to Me day to the lower grade students, field trips to learn about and participate in activity, assisting with the backpack program, website design and healthy school team members. Approximately 177 students are partnering with CSH to address school health issues.

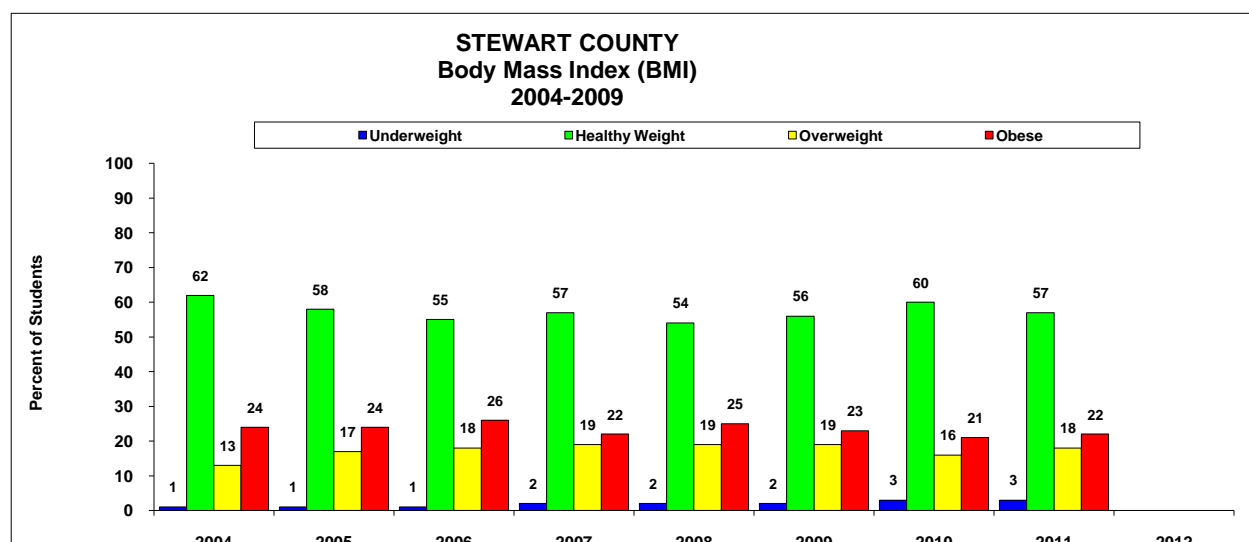
## School Health Interventions

Since CSH has been active in the Stewart County School System, the following health interventions have taken place:

5238 School Health Screenings and 568 Referrals to Health Care providers in 2010-2011;

18205 Students have been seen by a school nurse and 15639 returned to class in 2010-2011;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.



Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include curriculum, climbing walls, computers to gather data, fitness rooms, and Wii fitness;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include TAHPERD conferences, TNSHC conferences, counseling conferences, RHAT conferences as well as providing in-services as a trained trainer of Take 10! and Crisis Prevention, SMART, Boost-Up, and arranging for other speakers to come to county professional development days;

School faculty and staff have received support for their own well-being through newsletters and posters.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – tobacco education 3<sup>rd</sup> / 6<sup>th</sup> grades – KATS, anti-drug education – 2<sup>nd</sup> grade, personal hygiene (education & bags home) – All 5<sup>th</sup> grade, handwashing –grades K-5, newsletters to parents, and Organ Annie used to address obesity effects on the body;
- Physical Education/Physical Activity Interventions – daily physical education K-8, daily recess K-5, Boost up Rooms K-5, Take 10!, and ideas on how to integrate activity into lessons sent in the newsletter;
- Nutrition Interventions – taste testing, nutrition classes from CSH educator with 4<sup>th</sup> grade, backpacks content reviewed by a Registered Dietician, Farm Day, general nutrition with various classes, and Grocery Store at one elementary store created by their HST;
- Mental Health/Behavioral Health Interventions – Federal Elementary and Secondary Counseling grant has really given a boost to the behavioral health needs of Stewart County, bullying classes, BEARS – anti-bully – 6<sup>th</sup> grade, Love in the Big World assemblies from federal grant, high school classes on consequences of choices & peer pressure, self esteem – 5<sup>th</sup> grade, anger management – 4<sup>th</sup> grade, anti bully/ character week at high school, and bully free classrooms – treat with respect – numerous classrooms.

In such a short time, CSH in the Stewart County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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